

HOLISTIC WELLNESS *In Ministry*

WHOLE PERSON, WHOLE MINISTRY.

1



SPIRITUAL

Why it matters: Spiritual health shapes identity, purpose, and direction (3 John 1:2).

2



PHYSICAL

Why it matters: Physical health affects energy, function, and the ability to serve (1 Corinthians 6:19–20).

3



EMOTIONAL

Why it matters: Emotional health influences how we process experiences and respond to others (Proverbs 17:22).

4



MENTAL

Why it matters: Mental health affects thinking, decision-making, and perception (Romans 12:2).

5



SOCIAL

Why it matters: Social health reflects relationships and community connection (Hebrews 10:24–25).



HOW THEY CONNECT

Why it matters: Each dimension influences the others. When one area is neglected, it can impact the whole person. Supporting holistic wellness means recognizing and responding to the full range of needs.